

DEFINITIONS

STRONG is the new **SEXY**

GET HEALTHY **U** TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
LOWER BODY BURN 30 Minutes	UPPER BODY RESCULPT 30 Minutes	CARDIO OF CHOICE 30 Minutes	DAY OFF	CORE BLAST PILATES 30 Minutes CARDIO OF CHOICE 15 Minutes	TOTAL BODY FIRM UP 30 Minutes	DAY OFF
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
LOWER BODY BURN 30 Minutes CARDIO OF CHOICE 15 Minutes	TOTAL BODY FIRM UP 30 Minutes	CARDIO OF CHOICE 30 Minutes	DAY OFF	UPPER BODY RESCULPT 30 Minutes CARDIO OF CHOICE 15 Minutes	CORE BLAST PILATES 30 Minutes CARDIO OF CHOICE 30 Minutes	DAY OFF
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
LOWER BODY BURN 30 Minutes UPPER BODY RESCULPT 30 Minutes	CORE BLAST PILATES 30 Minutes CARDIO OF CHOICE 15 Minutes	TOTAL BODY FIRM UP 30 Minutes	CARDIO OF CHOICE 30 Minutes	LOWER BODY BURN 30 Minutes CORE BLAST PILATES 30 Minutes	DAY OFF	UPPER BODY RESCULPT 30 Minutes CARDIO OF CHOICE 15 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
LOWER BODY BURN 30 Minutes UPPER BODY RESCULPT 30 Minutes	CARDIO OF CHOICE 30 Minutes	TOTAL BODY FIRM UP 30 Minutes CORE BLAST PILATES 30 Minutes	CARDIO OF CHOICE 30 Minutes	LOWER BODY BURN 30 Minutes UPPER BODY RESCULPT 30 Minutes	DAY OFF	TOTAL BODY FIRM UP 30 Minutes CORE BLAST PILATES 30 Minutes